

For Mr. D. Curtis's Compliment

Tendring Rural District Council.

ANNUAL REPORT
OF THE
MEDICAL OFFICER
OF
HEALTH.

FOR THE YEAR 1895.

Ipswich :

"EAST ANGLIAN" PRINTING WORKS, CARR STREET.

1896.

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TENDRING RURAL DISTRICT COUNCIL.

MEDICAL OFFICER OF HEALTH'S OFFICE,

COLCHESTER, 25th January, 1896.

To the Tendring Rural District Council.

MR. CHAIRMAN AND GENTLEMEN,

I now have the honour to present to you my annual report for 1895, and to state that in the 29 parishes composing the Rural Sanitary District under your care there is an increase of 256 in the population during the year, so that the estimated population to the middle of 1895 is 25,637 living on an area of 76,324 acres. The population at the 1891 census was 24,034.

During the year there were 686 births and 430 deaths registered in the district.

These 430 deaths were caused by—

Diseases.	No. of Deaths.	No. under 5 years.
Scarlet Fever	2	0
Diphtheria	13	3
Membranous Croup	3	3
Erysipelas	1	0
Measles	5	5
Whooping Cough	8	8
Diarrhoea	9	6
Phthisis	23	1
Bronchitis, Pneumonia and Pleurisy	70	30
Heart Disease	30	1
Injuries	10	1
Influenza	14	1
Other Diseases	242	62
	430	121

The total number of deaths in 1895 exceeds that in 1894 by 85, but this number is largely made up in the greater number of deaths under 5 years and over 65.

The death rate for the entire district is 16·77 per 1,000 of the estimated population, against 13·63 in 1894, and 15·31 in 1893. The death rate has thus risen this year. The greater number of deaths took place in the first and last quarters of the year.

In the three sub-registration districts the death rate is—

Manningtree	13·11 per 1,000
Thorpe	23·52 „
Ardleigh	15·31 „

The death rate under 5 years of age is 4·71 per 1,000 living, and the Infantile death rate equals 119·53 per 1,000 children born.

The zymotic death rate for the district is 0·97 per 1,000 of the estimated population, while in the sub-districts it stands at—

Manningtree	0·77
Thorpe	0·30
Ardleigh	1·51

The various ages at which death occurred were—

Under 1 year	...	82
Between 1 and 5 years	...	39
„ 5 „ 15 „	...	29
„ 15 „ 25 „	...	12
„ 25 „ 65 „	...	98
„ 65 and upwards	...	170

Of those over 65 years,

30 died before reaching	...	70
74 „	...	80
63 „	...	90
3 „	...	100

The greatest age attained was 97, and this death occurred at Weeley.

The following table will show the deaths as they took place in the various parishes :—

PARISH.	1st Quarter.		2nd Quarter.		3rd Quarter.		4th Quarter.	
	M.	F.	M.	F.	M.	F.	M.	F.
Alresford... ..								1
Ardleigh	1	5	2	2	1	4	2	4
Beaumont				1	2		1	
Bentley, Great	2		3	1		3		1
Bentley, Little	2	3		2		3	2	
Bradfield... ..	1	1	1	1	1	2		1
Brightlingsea	19	11	6	9	8	2	12	10
Bromley, Great	2		1	3	1		4	1
Bromley, Little... ..						1	1	
Clacton, Little	1	1	1		1	1	2	2
Elmstead	1	5	1	2	1		3	1
Frating	1		1		1			
Frinton			1	1	1	1		
Holland, Great	1	3	2	1	1		3	6
Holland, Little								
Kirby	2	3		1		1	4	4
Lawford	2	3	3	3		1		1
Manningtree	3	4		2	1	1		2
Mistley	2	11	2	3	5	2	4	4
Oakley, Great		4		3				4
Oakley, Little			1	1	1	1		
Ramsey	3	2		3	4	4	4	1
St. Osyth	2	3	4	4		1	3	3
Tendring... ..	2		2	3	2	2	1	1
Union Workhouse	14	7	7	3	5	3	4	1
Thorpe	3	3	1	4	2	3	1	3
Thorington	2	1	1	2	1			
Weeley	1	3	1	1		1	2	1
Wix	2	1		1	1	1	2	1
Wrabness				1		1		1
	69	74	41	58	40	39	55	54

During the year 91 deaths took place among people in receipt of Parochial Relief. Of these 43 occurred in the Union Workhouse, and 48 in the three registration districts. Of these last, 15 happened in the Manningtree district, and 33 in the Ardleigh District.

The deaths in the Union Workhouse were caused by the following diseases, and at the under-stated ages—

Diseases.	Under 1 year.	1	5	15	25	65	70	80	Total.
		— 5	— 15	— 25	— 65	— 70	— 80	— 90	
Old Age.....	1	4	13	18
Fistula	1	1
Bronchitis	1	1	2	...	4
Phthisis	1	...	3	4
Apoplexy	2	1	3
Heart Disease	1	...	1	1	3
Pyæmia	1	1
Convulsions	1	1
Bright's Disease	1	1
Internal Growth	1	...	1	2
Epilepsy	1	1	...	1	...	3
Influenza	1	...	1
Cirrhosis	2	2
	1	...	1	1	11	3	11	16	44

Seven of these dying in the Union Workhouse did not belong to the district under your charge, as six came from Harwich, and 1 from Great Clacton.

The total number of births registered in the district were 686, being 334 boys, and 352 girls.

The birth rate for the entire district was 22·85 per 1,000 of the estimated population, and in the separate registration districts—

Manningtree	23·52
Thorpe	27·14
Ardleigh	28·76

The Quarterly table stands thus—

Quarters.	Manningtree Dist.		Thorpe Dist.		Ardleigh Dist.		Totals.
	M.	F.	M.	F.	M.	F.	
1st	22	28	21	32	44	46	193
2nd	29	35	29	32	44	38	207
3rd	20	21	15	12	45	32	145
4th	12	16	22	17	31	43	141
	—	—	—	—	—	—	—
	83	100	87	93	164	159	686

Sickness.—This year, as far as general sickness is concerned, has been a light one; but the notifiable cases have somewhat exceeded those of 1894.

Influenza has shown itself in several parts at various times, but it has not been at all of a virulent type, and has been anything but fatal.

It is again a sincere matter of congratulation that small-pox has not been heard of in this locality; the disease has prevailed in some parts of the county, but fortunately this district has escaped.

Diphtheria was almost absent during the first two quarters of the year, but in the third and fourth quarters it prevailed largely in the Thorpe and Ardleigh districts, while in the Manningtree district there were only two cases. In the month of July the disease began in the village of Thorpe and in the parish of Beaumont, in each instance in isolated houses about the same time, but without any connection whatever; there evidently had been several cases of simple sore throat among the children in these localities before the appearance of the disease. The disease then kept extending, and prevailed to a considerable degree in the parishes of Elmstead, Brightlingsea, Thorington, Frating, Lawford, Great Holland, and Frinton. In the beginning of October a soldier came home on furlough from his regiment in Ireland to his father's house in Great Bromley; he had been suffering from his throat before leaving his regiment, but said nothing about it lest his leave might be stopped, and he hardly reached his home when he had to take to his bed. Eight members of his family took the disease, while he and three of them died of it. I found out that the disease has been very prevalent and of a severe type in the regiment for some months previously, and I had some correspondence with the Commanding Officer and the Army Medical Authorities at Fermoy, with the result that men were not in future permitted to leave the station without being medically examined, so that a similar case should not occur.

Scarlet Fever, generally of a slight character, extended over the greater part of the district, and there were 63 cases notified, but only two deaths occurred, viz., one at Mistley and one at Great Bromley.

Membranous Croup.—There were only three cases of this malady notified, which all happened at Brightlingsea in the last quarter of the year.

Erysipelas.—Twelve cases were notified in various parts of the district, but only one death took place.

Typhoid Fever.—There have been five cases of Typhoid fever in the district—two at Mistley and three at Parkeston. In no instance could any specific cause for the disease be discovered, and no death took place.

Diarrhœa.—It is worthy of remark that for some years the usual—or rather, what used to be the usual—amount of diarrhœa has not occurred; this year there were only nine deaths from this disease, and of these six were under five years of age, in fact, five of them were infants.

Phthisis.—I am pleased to be able to state that the deaths from Phthisis have not increased from those of last year. The lessening of this malady speaks well for the improved sanitary state of the district, and tends to draw the conclusion that more attention is given to the cubical capacity of the sleeping rooms in houses, especially those of the cottage type.

Bronchitis, &c.—Chest affections have caused more sickness than in 1894, there having been 70 deaths from this class of malady, against 52 in the previous year. This is, however, quite under the general average.

Heart Disease.—There were 30 deaths from heart disease.

Cancer.—This virulent malady is said to have been the cause of 13 deaths, which is three less than in 1894.

Public Health (Water) Act, 1878.—On my recommendation and after careful enquiry, you granted 18 certificates under this Act for houses newly erected in the district. This is a slight increase on last year.

Housing of the Working Classes Act, 1890.—I have made representations to you regarding 13 houses in various parts of the district, under this Act of Parliament, and you have taken steps accordingly. Three of these houses were closed by the order of the Magistrates, four of them have been taken down, and the others have been put in habitable repair. I may state that those houses were taken down by the owners without the demolition clauses of the Act being put in force by you. I confess I see a difficulty in putting these clauses in force, as from the present wording of the Act the houses must be both dangerous and injurious to health, before you can order their

demolition. I do not think this was intended by the framers of the Act, but such is the fact, and were such not the case, I should have pressed you to demolish a good many useless and unsightly buildings.

Water Supply.—The water from two wells at Upper Kirby, one at Great Bentley, and from the new well at Tendring Row, has been analysed by your order. The two Kirby wells have been closed and the houses supplied by the Tendring Hundred Water Company, and the well at Great Bentley was thoroughly cleaned out. As to the well at Tendring Row, the water was found to be unfit for domestic use, and application has been made by you to the Tendring Hundred Water Company to supply the locality, which includes something over 40 houses. This matter is at present being considered by that Company, and you are waiting the answer.

Great Bentley.—During the year you have several times considered the proposed sewerage of the village of Great Bentley, and some parish meetings have been held, one of which I attended. No further progress has, however, been made, although the matter is pressing, not only from a health view, but a new Board School is about to be erected, and some considerable expense might be saved to the parish if the drainage from the school buildings could be led into the sewer, while, if not, a long drain must be specially made for the purpose. If the Local Government Board would consent to the scheme being carried out by precipitation, instead of insisting on land being obtained for irrigation, the matter could be carried out at a much less cost, and would act, I believe, satisfactorily.

Sewage Precipitation.—The system of sewage precipitation by the use of Spence's Alumino-ferric is now used in several portions of the district with great success, and I have no hesitation in saying that if properly attended to—and it needs very little care—it is the best and most useful precipitant we can get. I never hear any complaint unless the attendant has been careless in his work.

Frinton-on-Sea.—Building is rapidly proceeding at this new seaside resort, but in my opinion it is high time that a proper system of sewers for the place was considered and adopted. I mentioned this in several of my late annual reports, but the small rateable value of the parish prevents this Council from

embarking in the work. It is true drains are being made as required for the houses and led into so-called sewers with various outlets into ditches and otherwise, one being discharged into the sea under the cliff in the very best part of the sea front. The building land is now in the hands of gentlemen who might start and assist a system of sewers, and if they would give a sum of money according to the value and extent of their property, as was done in the case of Clacton-on-Sea, the balance could be made up under your borrowing powers, and this essential and necessary work proceeded with.

Brightlingsea.—In the early portion of the year a Medical Inspector from the Local Government Board visited this neighbourhood as to the infection of oysters by typhoid fever germs, and among other places he visited Brightlingsea, on which visit I accompanied him. The pressure he then brought to bear caused me to report to you very strongly on the urgent necessity for completing the drainage of the town and for providing a good and suitable outfall. You at once appointed a committee to visit the place and report to your Council; the report of that Committee confirmed everything I had stated, and, although you had, in the previous year, procured a plan and estimate from Mr. Radford, of Nottingham, it was resolved to advertise for competitive plans, and to appoint an independent and capable Assessor to select the best and most suitable plan. Nine gentlemen sent in plans, which were accordingly submitted to the appointed Assessor, Mr. Chatterton, who selected the plan he deemed most suitable. This was adopted by your Council, and the usual application was made to the Local Government Board for an Inquiry to be held relative to the scheme. I much regret to have to state that your resolution then passed has been rescinded, and all the work has been lost. This is more than a pity. I fear it may prove injurious to the town and its oyster trade, which I have done all in my power to avert. A County Council Inquiry was held at Brightlingsea in the autumn relative to its being made an Urban District, and since then the Order has been sanctioned for the new power to come in force on the 30th September, when Brightlingsea will cease to be a portion of your district. From the considerable increase which has taken place during the past few years, this change is highly desirable, and powers which you have been unable to exercise can then be put in force. I fear it is not wise to defer the new drainage scheme so long, but such I think is the wish of some of the inhabitants.

Kirby.—A new system of drainage, prepared by Mr. Stewart, has been put down at Upper Kirby. This is a vast improvement to the place, and it appears to work very well. The Tendring Hundred Water Co's. supply has been laid on to several of the houses, and I trust these alterations may be the means of preventing a similar outbreak of diphtheria as we experienced there in 1894.

Mr. Stewart has likewise planned and carried out improvements in the sewers of Manningtree, Mistley, St. Osyth, and Thorpe, and has planned and carried out new sewers at Weeley and Wrabness.

The following is a summary of the work done by the Inspector of Nuisances :—

Complaints received	45
Nuisances detected	198
Nuisances abated	194
Notices served	188
Cottages inspected	26
Slaughter Houses inspected	4
Houses disinfected	16
Overcrowding abated	1
Houses placed in habitable repair	6
Houses closed and taken down	4
Houses erected and supplied with water certificates	18
Wells cleaned and repaired	3
Wells closed	2
Houses connected with sewers	56
Houses connected with water mains	2
Earth, Pail, or improved Privies constructed, or existing Privies altered	75
Privies and W.C.'s repaired	3
Animals improperly kept removed	5
Samples of water taken for analysis	1

Hospital Tents.—According to your instructions the Hospital tents were erected for some days during the summer, when everything was found to be in good order and the tents were well aired. They are now stored in the loft at Parkeston as before.

Bye-laws.—For a period of almost, if not quite six years, you have been considering a code of bye-laws for the district, and during that time you have had various communications and conferences with the Local Government Board thereon, but the difficulty has been to get that Board to agree to what you considered best for your particular locality. The matter has, however, terminated favourably, and the Board has intimated its willingness to sanction the bye-laws as now arranged.

Printed notices with various instructions have been provided, and are now issued in every case of infectious sickness as it occurs, and on them the various penalties incurred are detailed for the information of the householder. In practice I find these most useful, and much talking and explanation is thereby avoided.

Disinfection.—I would again draw the serious attention of your Council to the present mode of disinfection carried out in the district, which simply consists in burning sulphurous acid gas in infected rooms. I have no desire to abandon this plan, it is of some utility as far as the area of the room is concerned, but it is an agreed fact among men who have studied and given attention to the matter that it is useless in destroying disease germs in bedding, clothing and such like. I had an experiment privately tried last summer, and had a room strongly sulphured, in which a number of flies, some of the blue-bottle order, were confined. The sulphur was burned for several hours and the room was kept closed for over twenty-four hours, but on opening it in the morning the flies were found there well and lively. Such is the effect of our fumigation on fly life, and I think it will be generally agreed that the germ life of some diseases is more difficult to destroy. I have on various occasions proposed that a portable steam disinfector should be obtained, but, until just lately, the very large cost of such a machine has been the drawback. It is most desirable we should have the use of one, and now that a most effective one can be had for about £80 or so, I would urge that an attempt should be made to get one. In order to lessen expense I would suggest that an arrangement of combination with other neighbouring Authorities might be carried out, and being the Officer of the four adjoining District Councils, I might be able to assist in getting this accomplished.

The tables required by the Local Government Board are appended hereto, but before I conclude I desire to record my thanks to the members of the Council for the attention paid to my suggestions during the year past, and to my co-officials, and several officials of the Local Government Board for kind assistance in the discharge of my duties.

I have the honour to be,
Gentlemen,

Your obedient servant,

JNO. W. COOK, M.D.

Medical Officer of Health.

TABLE A. Table of DEATHS during the year 1895, in the Tendring Rural District, classified according to Diseases, Ages, and Localities.

NAMES OF LOCALITIES adopted for the purpose of these Statistics; public institutions being shown as separate localities. (Columns for Population and Births are in Table B.)		MORTALITY FROM ALL CAUSES, AT SUBJOINED AGES.										MORTALITY FROM SUBJOINED CAUSES, DISTINGUISHING DEATHS OF CHILDREN UNDER FIVE YEARS OF AGE.																				
		(b) At all ages.	(c) Under 1 year.	(d) 1 and under 5.	(e) 5 and under 15.	(f) 15 and under 25.	(g) 25 and under 65.	(h) 65 and upwards.	(i)																							
									Smallpox.	Scarlatina.	Diphtheria.			Membranous Group.	Typhus.	FEVERS.				Puerperal.	Cholera.	Erysipelas.	Measles.	Whooping Cough	Diarrhoea and Dysentery.	Rheumatic Fever.	Phthisis.	Bronchitis, Pneumonia & Pleurisy.	Heart Disease.	Injuries.	All Other Diseases.	TOTAL.
											1	2	3			4	5	6	7													
(a)	Sub-Registration Districts.	102	22	10	5	1	23	41	Under 5	—	—	—	—	—	—	—	—	—	—	—	2	4	—	—	13	1	—	1	11	32		
Manningtree	5 upwds	—	1	—	—	—	—	—	—	—	—	—	—	2	—	—	7	9	5	1	35	70		
Thorpe	...	113	23	8	14	4	30	34	Under 5	—	—	1	—	—	—	—	—	—	—	—	1	—	—	—	6	—	1	—	21	31		
	5 upwds	—	—	5	—	—	—	—	—	—	—	—	—	—	1	—	12	5	4	2	48	82		
Union Workhouse	...	43	1	—	1	1	10	30	Under 5	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	1	1		
	5 upwds	—	—	—	—	—	—	—	—	—	—	—	—	—	—	3	4	3	1	—	31	42		
Ardleigh	...	172	36	21	9	6	35	65	Under 5	—	—	2	3	—	—	—	—	—	—	—	5	2	—	—	11	—	—	—	29	57		
	5 upwds	—	1	5	—	—	—	—	—	—	—	1	—	—	—	—	14	12	3	6	66	115		
TOTALS	...	430	82	39	29	12	98	170	Under 5	—	—	3	3	—	—	—	—	—	—	—	5	6	—	—	1	1	1	1	62	121		
									5 upwds	—	2	10	—	—	—	—	—	—	—	1	—	—	3	—	22	29	13	9	180	309		

The subjoined numbers have also to be taken into account in judging of the above records of mortality.

Deaths occurring outside the district among persons belonging thereto.	—	—	—	—	—	—	—	—	Under 5	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
									5 upwds	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Deaths occurring within the district among persons not belonging thereto.	7	—	—	—	—	—	2	5	Under 5	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
									5 upwds	—	—	—	—	—	—	—	—	—	—	—	—	—	—	1	1	—	—	—	5	7

Area in Acres 76,324
Population (1891) 24,034
Deaths { General 16.77 per 1,000 Population.
Rates. { Infant (under one year of age) 119.53 per 1,000 Births Registered.

TABLE B.

TABLE OF POPULATION, BIRTHS, AND OF NEW CASES OF INFECTIOUS SICKNESS, coming to the knowledge of the Medical Officer of Health, during the year 1895, in the Tendring Rural District; classified according to DISEASES, AGES and LOCALITIES.

NAMES OF LOCALITIES adopted for the purpose of these Statistics; Public Institutions being shown as separate localities.	POPULATION AT ALL AGES.		Registered Births.	Aged under 5 or over 5.	NEW CASES OF SICKNESS IN EACH LOCALITY, COMING TO THE KNOWLEDGE OF THE MEDICAL OFFICER OF HEALTH.											
	Census, 1891.	Estimated to middle of 1895.			1	2	3	4	FEVERS.					9	10	11
									Typhus.	Enteric or Typhoid.	Continued.	Relapsing.	Puerperal.			
(a.)	(b.)	(c.)	(d)	(e.)	Smallpox.	Scarlatina.	Diphtheria.	Membranous Group.	Typhus.	Enteric or Typhoid.	Continued.	Relapsing.	Puerperal.	Cholera.	Erysipelas.	
Sub-Registration District.																
Manningtree	...	7252	7779	183	Under 5 5 upwds.	— 2	— 2	— —	— —	1 4	— —	— —	— —	— —	— —	— 3
Thorpe	...	6342	6630	180	Under 5 5 upwds.	— 7	3 21	— —	— —	— —	— —	— —	— —	— —	— —	1 —
Ardleigh	...	10440	11228	323	Under 5 5 upwds.	— 11	2 24	3 —	— —	— —	— —	— —	— —	— —	— —	8 —
Totals																
		24,034	25,637	686	Under 5 5 upwds.	— 13	5 47	3 —	— —	1 4	— —	— —	— —	— —	— —	12 —

“Notification of Infectious Disease” is compulsory in the District since January 1st, 1890.
Three Hospital Tents are utilised as Isolation Hospital.

